

dublin doings

Quarterly Newsletter of the Dublin Senior Center



WHAT'S HAPPENING *at the Senior Center* FALL/WINTER 2015-16

Calendar of Events

Fall

September

- 12 & 13 Family Campout
- 19 Splatter

October

- 3 Senior Info Fair
- 17 Harvest Fair

November

- 7 Hometown Heroes
- 14 Holiday Craft Boutique

Winter

December 2015

- 3 Tree Lighting
- 11 DancEscape Social
- 12 Breakfast with Santa
- 17 Holiday Luncheon

February

- 12 DancEscape Social

March

- 12 & 13 St. Patrick's Day Celebration

City of Dublin Senior Center
7600 Amador Valley Blvd.
Dublin, California 94568
(925) 556-4511

www.DublinSeniorCenter.com
www.DublinRecGuide.com
www.Dublin.ca.gov
seniorctr@dublin.ca.gov

Business Hours

Mon–Fri: 9:00 AM–4:00 PM
Sat: 8:30 AM–12:00 PM

Make checks payable to the City of Dublin for most activities unless otherwise stated.

Register for classes online at www.DublinRecGuide.com using activity codes listed. Call (925) 556-4511 for assistance.

Got Skills?

Do you have a skill or talent you would like to share with others? Become a contract instructor, or volunteer activity facilitator to teach others an activity. The Senior staff is always looking to provide opportunities for seniors to create rewarding friendships, intriguing activities and a lifestyle of possibilities. All fees charged benefits the Dublin Senior Center. For more information, please ask to speak with Anna Hudson at (925) 556-4511 or email seniorctr@dublin.ca.gov to express your interest.



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SENIOR INFO FAIR

INFORMATION & RESOURCES FOR SENIORS SATURDAY, OCTOBER 3, 10AM-2PM

Dublin Senior Center • 7600 Amador Valley Blvd. • (925) 556-4511

A variety of agencies and organizations will be on hand to provide valuable information, referrals and health services for adults 50 and older, their families, caregivers and friends.

Enjoy refreshments and drawings for prizes.

Call (925) 556-4511 for more details.

The organizations represented at this fair in no way implies promotion or endorsement by the City of Dublin or the Senior Center



Dublin Senior Center

SPONSORS

The Center's donors and sponsors are gratefully appreciated. Their generosity allows the Dublin Senior Center to provide free coffee and to partially underwrite the cost of activities; thus keeping patron's fees affordable. The City, staff and patrons thank them. To become a donor or sponsor, please e-mail seniorctr@dublin.ca.gov or call (925) 556-4511. Join us in thanking the following sponsors of the Dublin Senior Center:

PLATINUM SPONSOR

Pat Hughes, Senior Supporter

SILVER SPONSOR

Hired Hands Homecare, Inc.

Palo Alto Medical Foundation

Pleasanton Nursing and Rehab Center

BRONZE SPONSORS

Brookdale Senior Living Solutions

holiday CRAFT BOUTIQUE

sponsored by the City of Dublin and the Dublin Senior Foundation

Saturday, November 14

10:00 AM – 4:00 PM

Dublin Senior Center

The annual boutique is back for its 5th year. It promises to be even better than before with over 70 vendors and wonderful new and unique handmade items for purchase. Get an early start in finding your holiday gifts while enjoying a day of fun and shopping.

Admission is FREE.

For more information, call (925) 556-4511.

OLDER ADULTS

ACTIVITIES & SERVICES

Dublin Senior Center

7600 Amador Valley Blvd.

(925) 556-4511

www.dublinseniorcenter.com

seniorctr@dublin.ca.gov



Hours

Monday through Friday, 9:00 AM – 4:00 PM

Saturday, 8:30 AM – 12:00 PM

Except...

The Senior Center will be closed
on the following days:

Labor Day – **Monday, September 7**

Veterans Day – **Wednesday, November 11**

Thanksgiving – **Thursday & Friday, November 26 & 27**

Winter Holiday – **Thursday, December 24–Saturday, January 2**

Martin Luther King, Jr. Day – **Monday, January 18**



Welcome!

Discover all the wonderful activities and events at the Dublin Senior Center. We offer classes in dance, exercise and art; help on the computer; and much more. Take advantage of senior services, dine inexpensively at the Shamrock Café, or take a trip, near or far. This is the perfect place to find “rewarding friendships, intriguing activities and a lifestyle of possibilities.”

Be a Senior Center Volunteer

Volunteer at the Center and feel great knowing you have truly benefitted patrons and staff. Training is provided. If you have expertise in a specific area, or would like to teach a class, the Center is always interested. Volunteer applications or Class Proposal forms are available at the front desk, or online at www.DublinSeniorCenter.com.

Be a Senior Center Supporter

We are very thankful to all of our supporters. A yearly fee helps sustain the high standards for all activities and events. Please visit the front desk and register to be a supporter today. Supporters are mailed our quarterly newsletter, *Dublin Doings*.

Yearly Fee \$10; \$1 discount for Dublin Residents

Dine at The Shamrock Café

Monday to Friday, 11:30 AM-12:15 PM

Choose a table with friends, or meet new ones. Healthy, inexpensive meals are designed for adults. Drop-ins are welcome. The suggested voluntary donation is \$3, and annual registration is required. Meals are provided by Open Heart Kitchen, in cooperation with the Area Agency on Aging of Alameda County, and the City of Dublin. Soup, salad, bread, beverage and dessert are served with every entree. Monthly menu posted at www.dublinseniorcenter.com.

Special Holiday Luncheon

Enjoy a savory meal at this special luncheon. Entertainment is included.

\$15 Res/\$18 Non-Res

Thu 12/17 11:30 AM-12:30 PM Activity #39636



DANCE

Ballroom Social

All types of dance music, including line dance, are played by professional DJ, Geri Foley. Dancers of all levels are welcome. Light refreshments are served.

50 Years+ \$6 Drop-in fee

Dublin Senior Center

Fri 9/25 1:30-4:00 PM

Fri 10/23 1:30-4:00 PM

Fri 11/20 1:30-4:00 PM

Fri 12/18 1:30-4:00 PM

Fri 1/22 1:30-4:00 PM

Fri 2/26 1:30-4:00 PM



Ballroom Beginner/Level II Basic

Enjoy various ballroom dance styles. Prior experience and partners not necessary.

Instructor: Bill Blankenship

Beginner

50 Years+

Dublin Senior Center

Chinese Tango

5 Classes \$25 Res/\$30 Non-Res

Tue 9/1-9/29 2:15-3:45 PM Activity #38284

West Coast Swing

4 Classes \$20 Res/\$24 Non-Res

Tue 10/6-10/27 2:15-3:45 PM Activity #38285

Night Club Two-Step

4 Classes \$20 Res/\$24 Non-Res

Tue 11/3-11/24 2:15-3:45 PM Activity #38286

Merengue

4 Classes \$20 Res/\$24 Non-Res

Tue 12/1-12/22 2:15-3:45 PM Activity #38287

Foxtrot

4 Classes \$20 Res/\$24 Non-Res

Tue 1/5-1/26 2:15-3:45 PM Activity #38332

Salsa/Mambo

4 Classes \$20 Res/\$24 Non-Res

Tue 2/2-2/23 2:15-3:45 PM Activity #38333

Level II Basic

21 Years+

Dublin Senior Center

Merengue

4 Classes \$24 Res/\$29 Non-Res

Thu 9/3-9/24 7:25-8:25 PM Activity #38337

Quickstep

5 Classes \$30 Res/\$36 Non-Res

Thu 10/1-10/29 7:25-8:25 PM Activity #38338

Waltz

3 Classes \$18 Res/\$21.75 Non-Res

Thu 11/5-11/19 7:25-8:25 PM Activity #38339

Salsa/Mambo

3 Classes \$18 Res/\$21.75 Non-Res

Thu 12/3-12/17 7:25-8:25 PM Activity #39329

Chinese Jitterbug

4 Classes \$24 Res/\$29 Non-Res

Thu 1/7-1/28 7:25-8:25 PM Activity #39330

Rumba

4 Classes \$24 Res/\$29 Non-Res

Thu 2/4-2/25 7:25-8:25 PM Activity #39331



Line Dance

Get in line, listen to the beat, and start dancing. Partners not needed.

50 Years+

Dublin Senior Center

Beginning

Instructor: Lynn Woods

\$2 Drop-in fee

Thu 9/24-2/11 10:15-11:15 AM

Beginning/Intermediate

Instructor: Rosa Chan

\$3 Drop-in fee

Sat 9/26-2/13* 11:00 AM-12:00 PM

Tue 9/22-2/9 10:00 AM-11:00 AM

**no class 10/3, 11/14*

Easy Intermediate

Instructor: Millie Dusha

\$4 Drop-in fee

Thu 9/24-2/11 2:00-4:00 PM

Intermediate

Instructor: Millie Dusha

\$4 Drop-in fee

Mon 9/21-2/8 1:00-2:45 PM

Intermediate Line Dance Social

Enjoy intermediate level line dancing for a social gathering rather than instructional setting.

Instructor: Karen Hong

\$2 Drop-in fee

Fri 9/25-2/12 10:00-11:00 AM

The Mills LINE DANCE SOCIAL

**EVERY FIRST THURSDAY
2:00-4:00 PM**

DJ Millie Dusha plays classic line dance music, and adds new dance routines to keep you in the mood. Join the line and keep dancing! Dancers of all levels are welcome.
\$4 drop-in fee

FITNESS & WELLNESS

Balance, Agility & Strength

Simple movements are used to strengthen the body's core and cardiovascular system. Stand or use a chair, no floor exercises.

Instructor: Robin Weiss

50 Years+

Dublin Senior Center

3 Classes \$10.50 Res/\$12.75 Non-Res

Wed 11/4-11/25 10:00-10:45 AM Activity #38199

Mon 12/7-12/21 10:00-10:45 AM Activity #38206

Mon 1/4-1/25* 10:00-10:45 AM Activity #38628

**no class 11/11 & 1/18*

4 Classes \$14 Res/\$17 Non-Res

Mon 10/5-10/26 10:00-10:45 AM Activity #38204

Wed 10/7-10/28 10:00-10:45 AM Activity #38198

Wed 12/2-12/23 10:00-10:45 AM Activity #38200

Wed 1/6-1/27 10:00-10:45 AM Activity #38625

Mon 2/1-2/29 10:00-10:45 AM Activity #38629

Wed 2/3-2/24 10:00-10:45 AM Activity #38626

5 Classes \$17.50 Res/\$21 Non-Res

Mon 11/2-11/30 10:00-10:45 AM Activity #38205

Chair Pilates

Improve everyday movements, sitting, standing and walking, by applying Pilates principles. Schedule tentative, dates subject to change.

Instructor: M. Valentin

50 Years+

Dublin Senior Center

3 Classes \$12 Res/\$14.50 Non-Res

Mon 9/14-9/28 3:00-3:45 PM Activity #38178

Mon 10/12-10/26 3:00-3:45 PM Activity #38179

Mon 1/4-1/25* 3:00-3:45 PM Activity #38182

**no class 1/18*

5 Classes \$20 Res/\$24 Non-Res

Mon 11/2-11/30 3:00-3:45 PM Activity #38180

2 Classes \$8 Res/\$9.75 Non-Res

Mon 12/14-12/21 3:00-3:45 PM Activity #38181

4 Classes \$20 Res/\$24 Non-Res

Mon 2/1-2/29* 3:00-3:45 PM Activity #38183

**no class 2/15*

BALLROOM *social* with DJ Geri Foley

At the Dublin Senior Center

**Fridays, September 25,
October 23, November
20, December 18,
January 22, February 26
1:30-4:00PM**

Dancers of all levels are welcome!
Includes light refreshments

\$6 drop-in



Intro to Gentle Yoga

Increase your flexibility and body awareness as you learn simple yoga poses.

Instructor: Caran Ruga

50 Years+

Dublin Senior Center

5 Classes \$15 Res/\$18 Non-Res

Tue 9/1-9/29 10:30-11:30 AM Activity #39686

4 Classes \$12 Res/\$14.50 Non-Res

Tue 10/6-10/27 10:30-11:30 AM Activity #39687

Tue 11/3-11/24 10:30-11:30 AM Activity #39688

Tue 12/1-12/22 10:30-11:30 AM Activity #39689

Tue 1/5-1/26 10:30-11:30 AM Activity #39690

Tue 2/2-2/23 10:30-11:30 AM Activity #39691

Gentle Yoga

Simple poses release tension, facilitate stability and improve posture. Optional chair exercises available.

Instructor: Jim Stuhlman

50 Years+

Dublin Senior Center

4 Classes \$12 Res/\$14.50 Non-Res

Wed 10/7-10/28 5:30-6:30 PM Activity #39416

Wed 1/6-1/27 5:30-6:30 PM Activity #39443

Wed 2/3-2/24 5:30-6:30 PM Activity #39444

2 Classes \$6 Res/\$7.50 Non-Res

Wed 11/4-11/18 5:30-6:30 PM Activity #39440

3 Classes \$9 Res/\$11 Non-Res

Wed 12/2-12/16 5:30-6:30 PM Activity #39442



Healing Yoga

Promote a healthy body and brain, using Dahn Yoga techniques, such as tapping, stretching, energy breathing and meditation. Class is suitable for all ages. Postures will be adapted for chair sitting as needed.

Instructor: Anne Cavazos

40 Years+ \$5 Drop-in fee

Dublin Senior Center

Thu 9/24-2/11 12:30-1:30 PM

Mon 9/28-2/8 12:30-1:30 PM

DANCESCAPE *social*

At the Dublin Senior Center

Get in the mood, grab your partner and dance the evening away. Swing to big band music. Tango, waltz, cha-cha and foxtrot, too!

**Friday, December 11
6:30-9:30 PM**

Activity #39513

**Friday, February 12
6:30-9:30 PM**

Activity #39514

Tickets purchased by the day
prior: \$10 Res/\$12 Non-Res;
or \$15 at the door.



Tai Chi Chuan

Warm up with Qi (Chi) Gong, and learn a different Tai Chi movement each week.

Instructor: John Deng

50 Years+

Dublin Senior Center

Beginners—24 Forms

3 Classes \$10 Res/\$12 Non-Res

Fri 10/2-10/16 1:00-2:00 PM Activity #39037

Fri 1/8-1/29* 1:00-2:00 PM Activity #39452

Fri 2/5-2/19 1:00-2:00 PM Activity #39453

** no class 1/22*

2 Classes \$6.75 Res/\$8 Non-Res

Fri 11/6-11/13 1:00-2:00 PM Activity #39038

Beginners II for Continuing Students—24 Forms

3 Classes \$9 Res/\$11 Non-Res

Tue 10/6-10/27* 1:00-2:00 PM Activity #38635

** no class 10/20*

2 Classes \$6 Res/\$7.25 Non-Res

Tue 11/3-11/10* 1:00-2:00 PM Activity #38636

** no class 11/17*

4 Classes \$12 Res/\$14.50 Non-Res

Tue 1/5-1/26 1:00-2:00 PM Activity #38384

Tue 2/2-2/23 1:00-2:00 PM Activity #38634

Intermediate/Advanced—42 Forms

3 Classes \$9 Res/\$11 Non-Res

Sat 10/10-10/31* 9:45-10:45 AM Activity #38632

** no class 10/17*

1 Class \$3 Res/\$4 Non-Res

Sat 11/7 9:45-10:45 AM Activity #38633

4 Classes \$12 Res/\$14.50 Non-Res

Sat 1/9-1/30 9:45-10:45 AM Activity #38385

Sat 2/6-2/27 9:45-10:45 AM Activity #38631

Tai Chi Chuan Practice Session

Class designed to practice Qi (Chi) Gong and basic moves for students currently enrolled in Tai Chi Chuan classes.

50 Years+ \$2 Drop-in fee

Dublin Senior Center

Thu* 9/24-2/11 9:00-10:00 AM

** Peer Leaders: Wing & Lucy Yu*

Tue, Fri* 12/1-12/22 1:00-2:00 PM

** Peer Leader: Anna Hudson; no class 12/18*

Jazzercise®

Combine dance and various movements to tone muscles. This choreographed workout uses up-to-date music. Class starts with a warm-up and finishes with cooling-off stretches. Call Barbara at (925) 447-8890 for more information.

18 Years+

Mon, Tue, Wed, Fri, Sat & Sun 8:30-9:30 AM

Mon & Wed 5:30-6:30 PM

Tue & Thu 6:00-7:00 PM

Path Wanderers

Meet at a local, level trail and walk 2-3 miles. A current monthly schedule is available. First-timers must turn in a completed emergency form and liability release before participating.

Leader: Dan Rodrigues

50 Years+ Free

Location TBA

Thu 9/24-2/11 9:00-11:00 AM

Tri-Valley Trail Trekkers

Trek 4-6 miles on East Bay trails or parks. Weekly schedules are available from hikedirector@gmail.com. First-timers must turn in a completed emergency form and liability release before participating.

Peer Leader: Helen Coleman

50 Years+ \$2 Drop-in fee

Dublin Senior Center

Tue 9/22-5/10 8:45-9:00 AM



ART & MUSIC

Acrylics

Instruction for both the absolute beginner and intermediate artist who would like to brush-up on form, composition and color. Examine the techniques and theories behind a master artist's work then create an original work in the style of that artist.

Instructor: Arthur Scott King

50 Years+

Dublin Senior Center

\$19 Res/\$23 Non-Res

Robert Henri—Looking at People

Sat 10/10-10/24 9:00 AM-12:00 PM Activity #38168

Pablo Picasso—Cubism

Sat 11/7-12/5* 9:00 AM-12:00 PM Activity #38169

**no class 11/14 & 11/28*

Claude Monet—Color and Atmosphere

Sat 1/9-1/23 9:00 AM-12:00 PM Activity #38171

Claude Monet—Painting Flowers

Sat 2/6-2/20 9:00 AM-12:00 PM Activity #38172

Art for All Media

Work independently on personal art projects in the company of other fellow artists. All levels of creativity are welcome.

50 Years+ \$2 Drop-in fee

Dublin Senior Center

Wed 9/2-2/10 12:30-3:30 PM

Draw Now/Paint Later

This class is aimed at watercolor painters who want to improve their drawings before they paint.

Peer Leaders: Sue Farr and Friends

All Ages \$2 Drop-in fee

Dublin Senior Center

Wed 9/2-2/10* 1:00-2:30 PM

**no class 11/25 & 12/2-12/30*

Watercolor

In this peer-led class, watercolor artists at all levels work on their own projects, and offer helpful critiques and tips.

50 Years+ \$32 Res/\$38 Non-Res

Dublin Senior Center

Fri 2/5-5/20 9:30 AM-12:00 PM Activity #38624



Scrapbooking

Create a charming book made with personal photos and other memorabilia. Paper, ribbon and an assortment of embellishments available for purchase.

2 Classes Instructor: Shari Jarett

50 Years+ \$5 Res/\$6 Non-Res; plus \$10 material fee

Dublin Senior Center

Thu 10/15-10/22 9:00-11:30 AM Activity #39647

Blankets for Vets

Join caring individuals who make blankets for our veterans. Bring your own knitting and crochet needles.

Peer Leader: Eva Lim

50 Years+ \$2 suggested donation

Dublin Senior Center

Wed 9/23-2/10 1:00-3:30 PM

Knitting Social

Knit baby hats with fellow Mad Hatters and donate to local agencies.

Peer Leader: June Hurd

21 Years+ \$2 Drop-in fee

Dublin Senior Center

Tue 9/15 10:00 AM-12:00 PM

Tue 10/20 10:00 AM-12:00 PM

Tue 11/17 10:00 AM-12:00 PM

Tue 12/15 10:00 AM-12:00 PM

Tue 1/19 10:00 AM-12:00 PM

Tue 2/16 10:00 AM-12:00 PM

Needle Arts Group, Quilting, Sewing

Work independently on your quilting, sewing or knitting projects while chatting with a friendly group. Materials not included.

Peer Leader: Linda Schmidt

50 Years+ \$2 Drop-in fee

Dublin Senior Center

Tue 9/22-2/9 10:00 AM-12:00 PM

Melody Minstrels Jam Session

Bring a personal musical instrument and start jammin' with the group.

Peer Leader: Gary Younse

50 Years+ \$2 Drop-in fee

Dublin Senior Center

Tue 9/22-2/9 1:00-4:00 PM



Name That Song

Reminiscing music from the 30s, 40s and 50s. Connecting with classics...singing for fun: optional.

Music Facilitator: Vicky Weseloh

50 Years+ \$2 Drop-in fee

Dublin Senior Center

Thu 9/24 12:30-1:00 PM

Thu 10/29 12:30-1:00 PM

Thu 11/19 12:30-1:00 PM

Thu 12/10 12:30-1:00 PM

Thu 1/28 12:30-1:00 PM

Thu 2/25 12:30-1:00 PM

SPECIAL INTEREST

Polish Your Writing

Learn creative ways to edit and improve your manuscripts. Classmates enjoy listening to works in progress and offering supportive suggestions.

8 Classes Instructor: Julaina Kleist

50 Years+ \$32 Res/\$38.50 Non-Res

Dublin Senior Center

Mon 10/26-1/11* 9:45 AM-12:00 PM Activity #38398

*no class 11/23, 11/30, 12/21, 12/28

Mon 1/25-3/21* 9:45 AM-12:00 PM Activity #38399

*no class 1/18 & 2/15

Reading Group

Finish reading the chosen book, then meet with the group to critique it. Call for selected current title.

Peer Leader: Pam Fisher

50 Years+ \$2 Drop-in fee

Dublin Senior Center

Tue 9/22 10:30-11:30 AM

Tue 10/27 10:30-11:30 AM

Tue 11/24 10:30-11:30 AM

Tue 12/22 10:30-11:30 AM

Tue 1/26 10:30-11:30 AM



American Sign Language

Meet and interact with others interested in acquiring basic skills in the American Sign Language alphabet, numbers, and everyday phrases. No prior knowledge necessary.

8 Classes Instructor: Sheila Holmes

21 Years+ \$48 Res/\$58 Non-Res; plus \$15 materials fee

Dublin Senior Center

Thu 9/17-11/5 1:00-3:00 PM Activity #39324

Thu 11/12-1/21 1:00-3:00 PM Activity #38395

Thu 1/28-3/17 1:00-3:00 PM Activity #39024

English as a Second Language (E.S.L.)

This is a special opportunity to improve your English as a second language. Fee due by the last Monday of the month. Limited space; first come, first served.

Instructor: Louisa Ordenez

50 Years+

Dublin Senior Center

3 Classes \$6 Res/\$7.50 Non-Res

Mon 9/14-9/28 9:00-10:30 AM Activity #39994

Mon 12/7-12/21 9:00-10:30 AM Activity #39997

Mon 1/4-1/25* 9:00-10:30 AM Activity #39998

*no class 1/18

4 Classes \$8 Res/\$10 Non-Res

Mon 10/5-10/26 9:00-10:30 AM Activity #39995

Mon 2/1-2/29* 9:00-10:30 AM Activity #39999

*no class 2/15

5 Classes \$10 Res/\$12.50 Non-Res

Mon 11/2-11/30 9:00-10:30 AM Activity #39996

Computer Classes

Learn computer skills. Various topics will be covered.

2 Classes Instructor: Guru Athisenbagam

50 Years+ \$8 Res/\$10 Non-Res

Dublin Senior Center

Beginners #1

Learn to look up information using an internet browser.

Thu 9/17-9/24 6:00-7:00 PM Activity #39709

Thu 10/29-11/5 6:00-7:00 PM Activity #39710

Thu 1/7-1/14 6:00-7:00 PM Activity #39713

Beginners #2

Learn to communicate via email and text.

Thu 10/1-10/8 6:00-7:00 PM Activity #39707

Thu 11/12-11/19 6:00-7:00 PM Activity #39711

Thu 1/21-1/28 6:00-7:00 PM Activity #39714

Beginners #3

Learn to use social media.

Thu 10/15-10/22 6:00-7:00 PM Activity #39708

Thu 12/3-12/10 6:00-7:00 PM Activity #39712

Thu 2/4-2/11 6:00-7:00 PM Activity #39715

Computer: MAC/PC

Become computer literate or improve skills using the center's desktop, or your personal tablet, laptop or smart phone with 30-minutes of one-on-one computer instruction.

Contact the Senior Center

to arrange an appointment.

Instructor: Elise Nai/Lori Rose/Guru Athisenbagam

50 Years+ \$3 Res/\$3.50 Non-Res, per appointment

Dublin Senior Center

Wed 9/23-2/10 10:00 AM-4:00 PM

Thu 9/23-2/18 6:00-8:00 PM

Computer: PC

Become computer literate or improve skills using the center's desktop, with 30-minutes of one-on-one computer instruction. Contact the Senior Center to arrange an appointment.

Instructor: Zev Kahn

50 Years+ \$3 Res/\$3.50 Non-Res per appointment

Dublin Senior Center

Fri 9/25-2/12 9:00-11:00 AM



CARDS & GAMES

American Mah Jong

An interesting and challenging game played with dice and using a card showing winning hands.

50 Years+ \$2 Drop-in fee

Dublin Senior Center

Fri 9/25-2/12 12:15-4:00 PM

Chinese Mahjong Lessons

Learn to play this tile game based on Chinese symbols and characters. Call to add your name to the roster.

Peer Leader: Lucy Yu

50 Years+ \$2 Drop-in fee

Dublin Senior Center

Thu 11/5-2/25 12:00-4:00 PM

Chinese Mahjong Social

Chinese Mah Jong is similar to the card game Gin Rummy, but the game is played using tiles with Chinese symbols. Contact Senior Center to be added to interest list.

Peer Leader: Sophia Mok

50 Years+ \$2 Drop-in fee

Dublin Senior Center

Thu 9/24-2/11 12:00-4:00 PM



Bingo Afternoon

The Center's most popular game is sponsored by the Dublin Senior Center Foundation. Play ten games, and one black-out game.



50 Years+ Drop-in; \$1 per card/\$2.50 for 3 cards

Dublin Senior Center

Wed 9/23-2/10 12:45-3:30 PM

Bridge

Join other intermediate/advanced players for a game. Contact the Senior Center to sign up for one of the bridge groups.

Peer Leaders: Raelia Marshall, Barbara Tocchini, Jenny Underwood

50 Years+ \$2 Drop-in fee

Intermediate & Advanced

Mon, Tue, Fri 9/21-2/12 12:30-4:00 PM

Social Play

Wed 9/23-2/10 1:00-3:00 PM

Bunco

In this game of chance, where players take turns rolling three dice, the person with the most 'buncos' (3-of-a-kind) wins.

Peer Leader: Sue Woods

50 Years+ \$2 Drop-in fee

Dublin Senior Center

Thu 9/24-2/11 1:00-3:00 PM

Ping Pong

A fun way to exercise and burn calories as you play.

50 Years+ \$2 Drop-in fee

Dublin Senior Center

Wed & Thu 9/23-2/11 9:00 AM-12:00 PM

Sat 9/26-2/13 9:00 AM-12:00 PM



Ping Pong by Reservation

Reserve a table for an hour. Reservations are taken in person or by phone.

50 Years+ \$4 Reservation fee

Dublin Senior Center

Tue 9/29-2/16 6:00-8:00 PM

INFORMATION & RESOURCES

Advisory Committee Meeting

The Dublin Senior Center Advisory Committee Meeting is held on the first Thursday of each month, from 9:30 to 11:30 AM. The public is welcome to attend.

Dublin Senior Foundation Meeting

The public is invited to attend the Dublin Senior Foundation board meeting held on the first Wednesday of each month, from 10:00 to 11:30 AM. The Foundation raises funds and supports the activities for the Dublin Senior Center.

Diabetes Support Group

The Alameda County Public Health Department's Diabetes Support Group is offered for people with diabetes, and their families.

21 Years+ Free, drop-in

Dublin Senior Center

Tue 11/3 10:00-11:30 AM

Tue 12/1 10:00-11:30 AM

Tue 2/2 10:00-11:30 AM



Managing Type 2 Diabetes, 7-Week Course

Find out how to better manage diabetes. This program is sponsored by the Alameda County Public Health Department. Call (510) 383-5185 to register.

7 Classes Instructor: Marisa Castaldini, Diabetes Program Manager

40 Years+ Free

Dublin Senior Center

Fri 1/8-2/19 10:00-11:30 AM

Hearing Screening and Hearing Aid Cleaning/Repair

Hearing aid cleaning services are performed on site while you wait. Pamphlets and brochures are available. Many repairs can also be completed on-site, however some repairs will have to be taken to a lab. Call to make an appointment.

Sponsor: Audible Hearing Center

50 Years+ Free

Dublin Senior Center

Wed 10/14 10:00-11:30 AM

Wed 11/18 10:00-11:30 AM

Wed 12/9 10:00-11:30 AM

Wed 1/13 10:00-11:30 AM

Wed 2/10 10:00-11:30 AM

Health Screening and Foot Care

Senior Support Health Screening is provided for free on a first-come, first-served basis. Foot care is available by appointment for Alameda County Residents. For more information contact Senior Support, Pleasanton at (925) 931-5379. Foot care, \$10 donation. Health screening, free.

65 Years+

Dublin Senior Center

Mon 12/7 9:00 AM-2:00 PM

**SENIOR
INFO
FAIR**

INFORMATION & RESOURCES FOR SENIORS
SATURDAY, OCTOBER 3, 10AM-2PM
DUBLIN SENIOR CENTER

**SATURDAY, OCTOBER 3
10AM-2PM**

Get valuable information and services
from a variety of government, non-profit
and commercial organizations
at this FREE event.

Call (925) 556-4511 for more details.

Let's Talk Workshops

Free presentations by government agencies, non-profits, and senior service businesses on topics of interest to seniors.

Challenges for Senior Parents and their Adult Children

This workshop discusses difficult relationships between seniors and their adult children. Difficulties may include a resident child, an overly dependent child, a controlling child, an unhelpful or undependable child and completely cut-off relationships. Adult siblings who are in conflict and divide the family will also be considered.

Coordinator: Gregory Burns, Senior Support of Tri-Valley

Fri 9/4-10/23 10:00-11:30 AM Act #39725

Dementia Care Workshop

Acquire helpful techniques that foster a positive environment for both people with dementia and their caregivers. Sponsored by Comfort Keepers.

Speaker: Laura Wayman, Gerontologist

Fri 10/30 10:00-11:30 AM Act #39730



Health Insurance Counseling Advocacy Program (HICAP)

Seniors may receive free counseling regarding Medicare benefits, Medicare supplements, HMO's, nursing homes and other insurance and health care coverage issues. Appointments are in one-hour increments. Clients must be 65 and older; adult children are welcome. Please call to schedule an appointment one week prior.

65 Years+ Free

Dublin Senior Center

Wed 10/28 12:30-3:30 PM

Wed 11/25 12:30-3:30 PM

Wed 12/23 12:30-3:30 PM

Wed 1/27 12:30-3:30 PM

Wed 2/24 12:30-3:30 PM



Memory Power Seminar

Strengthen your memory through training and exercises. Participants will become familiar with how and why memory and brain function normally changes with age. Students will receive a comprehensive list of the medications and other factors that can impair memory, many of which are reversible.

Instructor: Diana Nohr

50 Years+ \$6 Res/\$7 Non-Res

Dublin Senior Center

Thu 9/10 2:00-3:30 PM Activity #39662

Thu 10/8 2:00-3:30 PM Activity #39663

Thu 11/12 2:00-3:30 PM Activity #39664

Thu 1/14 2:00-3:30 PM Activity #39665

Thu 2/11 2:00-3:30 PM Activity #39666

Wheels Transportation Counseling/ Training

Discover ways to ride public transportation. Apply for Dial-a-Ride service and RTC discounts, as well as learn to travel fixed-route buses. Please call to schedule a 15-minute appointment.

Leader: Jan Cornish, Wheels Travel Trainer

50 Years+ Free

Dublin Senior Center

Tue 9/15 10:00-11:00 AM

Tue 11/17 10:00-11:00 AM

Tue 1/19 10:00-11:00 AM

Wiesner Memorial Fund

The Wiesner Board of Directors helps seniors who may be in financial crisis. They provide emergency grants or loans, in nominal amounts, to seniors who need assistance for food, medicine, prescriptions, auto repairs, rent, appliance repairs, etc. Call one of the Centers below for an appointment to determine financial aid eligibility and to complete an application form. Final approval is made by the Wiesner Fund Board.

Livermore: (925) 373-5760

Pleasanton: (925) 931-5365

Dublin: (925) 556-4511

2-1-1 Information Line

2-1-1 Alameda County phone line is a free, confidential and multilingual service for the public. Trained resource specialists are available 24/7 to assess callers' needs and provide comprehensive and up-to-date information on affordable housing, emergency shelter space, utility payment assistance, Medi-Cal information, food programs, support groups, etc.

Senior Support of the Tri-Valley Agency

An independent non-profit agency that assists seniors (60+) residing in Dublin, Livermore, Pleasanton and Sunol. They provide services and resources allowing seniors to remain healthy, safe and independent in their homes.

Programs Offered: Case Management, Health Services (Nutrition, Exercise, Medication Management, Foot Care), Family Caregiver Support, Friendly Visiting, Alcohol/Drug Program and Counseling, HomeCare Registry, and Volunteer Transportation to medical appointments.

Co-sponsored by the City of Dublin and other local and county agencies

5353 Sunol Blvd., Pleasanton, CA 94566

Office Hours: Mon-Thu, 9:00 AM-4:30 PM

General Information: (925) 931-5379

Case Management: (925) 931-5381



AARP Registration

Make check or money order payable to AARP, and drop off/ mail it to the Dublin Senior Center.

\$15 AARP Members (write membership #on check)

\$20 Non-Members

AARP Safety Driving: 8-Hour Class

A helpful class for 50+ drivers. Develop functional abilities and reflexes for safe driving. Class completion may entitle participants to a discount from an auto insurance provider. Attendance in both class sessions needed to qualify.

Instructor: Bill Bryson

Mon TBA 1:00-5:00 PM Activity #TBA



AARP Free Tax Assistance

Drop-in assistance at the Dublin Library. First come, first served. Please call (925) 803-7252 for more information. Please bring the following:

- the current year's tax forms and preparation booklet;
- a copy of last year's income tax returns and supporting documents;
- W-2 and W-2p forms from each employer;
- unemployment compensation statements;
- SSA-1099 form if you were paid SS benefits;
- all 1099 forms showing interest and dividends, and original purchase price of sold assets;
- 1099R form from the payer of your pension or annuity;
- all forms indicating federal income tax paid;
- child care provider information;
- all receipts or canceled checks if itemizing deductions;
- social security numbers for all dependents.

Administered by the AARP Foundation in cooperation with the IRS

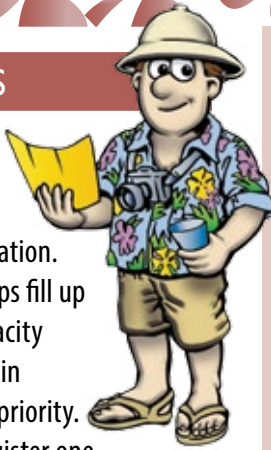
55 Years+ Free

Dublin Public Library

Sat 2/6-4/9 10:00-11:30 AM

VAN TRIPS

Sit back and relax while being driven to an interesting location. Register early! Trips fill up fast, and van capacity is 14 people. Dublin residents receive priority. Non-residents register one week later. Trip fees include professional driver, tolls, parking and admission, but not lunch, unless stated otherwise. Trip Flyers are available on the bulletin board in the Center's east hallway. Call for fees and availability.



Van Trip Registration and Refund Policy

- Full payment is due at time of registration: check payable to "City of Dublin" (by mail, or in person), cash (in person), or credit card (in person, or online at www.DublinRecGuide.com).
- Full trip refunds will be issued only when the Senior Center cancels a trip.
- If you withdraw from a trip by the registration deadline, a refund will be posted to your account as a credit, minus the cost of any ticketed admission.
- If you would like a refund issued, please contact the Senior Center. Refunds take up to 30 days and are subject to a \$5 processing fee.
- Withdrawal after the registration deadline may result in forfeiture of the trip fee unless the space can be sold to a person on the waiting list.

| TRIP | DATE & TIME | COST | REG. BY | ACT. # |
|--------------------------------------|---|-----------------------|----------|--------|
| Carmel | Saturday, September 19, 8:45 AM-5:30 PM | \$39 Res/\$47 Non-Res | FULL | — |
| San Francisco Scenic Drive | Saturday, September 26, 9:15 AM-4:45 PM | \$39 Res/\$47 Non-Res | 8/28/15 | 38805 |
| Fleet Week, Fisherman's Wharf | Friday, October 9, 9:30 AM-5:30 PM | \$39 Res/\$47 Non-Res | 8/28/15 | 38175 |
| Holiday Factory Tour, Hilmar | Wednesday, December 2, 8:15 AM-5:15 PM | \$39 Res/\$47 Non-Res | 10/26/15 | 39608 |



WEEKLY SCHEDULE

| DAY | TIME | | CLASS |
|------------|-------------------|------|--|
| Mondays | 9:00 AM–10:30 PM | \$ * | English as a Second Language |
| | 9:45 AM–12:00 PM | \$ * | Writing Class |
| | 10:00–10:45 AM | \$ * | Balance, Agility and Strength |
| | 12:45–4:00 PM | ¢ * | Bridge – Advanced Play |
| | 12:30–1:30 PM | \$ * | Healing Yoga – Drop-in |
| | 1:00–2:45 PM | \$ ♀ | Advanced Line Dancing |
| | 3:00–3:45 PM | \$ * | Chair Pilates |
| Tuesdays | 8:45 AM–12:00 PM | ¢ * | Tri-Valley Trail Trekkers |
| | 10:00–11:00 AM | \$ ♀ | Beginning/Intermediate Line Dance |
| | 10:00 AM–12:00 PM | ¢ ♀ | Needle Arts Group/Mad Hatters |
| | 10:30–11:30 AM | \$ * | Intro to Gentle Yoga |
| | 10:30–11:30 AM | ¢ ♀ | A Reading Group (every 4th Tuesday) |
| | 12:30–4:00 PM | ¢ * | Intermediate Bridge |
| | 1:00–2:00 PM | \$ * | Tai Chi Chuan |
| | 1:00–4:00 PM | ¢ ♀ | Melody Minstrels/Intermediate Ukulele |
| | 2:15–3:45 PM | \$ * | Ballroom Dance |
| Wednesdays | 9:00 AM–12:00 PM | ¢ ♀ | Ping Pong – Open Play |
| | 10:00–10:45 AM | \$ * | Balance, Agility and Strength |
| | 10:00 AM–4:00 PM | \$ * | PC/MAC Computer 1-on-1 (30-minute sessions) |
| | 12:30–3:30 PM | ¢ ♀ | Art Studio for All Media |
| | 12:30–1:00 PM | ¢ ♀ | Name That Song |
| | 12:45–3:30 PM | \$ ♀ | Bingo |
| | 1:00–2:30 PM | ¢ ♀ | Draw Now/Paint Later |
| | 1:00–3:00 PM | ¢ ♀ | Bridge Social |
| | 1:00–3:00 PM | ¢ ♀ | Bunco |
| | 1:00–3:30 PM | \$ ♀ | Blankets for Vets |
| | 5:30–6:30 PM | \$ * | Gentle Yoga |
| Thursdays | 9:00 AM | ♥ ♀ | Path Wanderers Walking Group (call for schedule) |
| | 9:00–10:00 AM | ¢ ♀ | Tai Chi Chuan Practice Group |
| | 9:00 AM–12:00 PM | ¢ ♀ | Ping Pong – Open Play |
| | 10:15–11:15 AM | ¢ ♀ | Beginning Ukulele TBA |
| | 12:00–4:00 PM | ¢ * | Chinese Mah Jong |
| | 1:00–3:00 PM | \$ * | Basic American Sign Language |
| | 12:30–1:30 PM | \$ ♀ | Healing Yoga – Drop-in |
| | 2:00–4:00 PM | \$ ♀ | Intermediate Line Dance (Social on 1st Thursday) |
| | 6:00–8:00 PM | \$ * | PC/Mac Computer 1-on-1 |
| | 7:25–8:25 PM | \$ * | Beginning/Intermediate Ballroom Dance |
| Fridays | 9:00–11:00 AM | \$ * | Computer Basics |
| | 9:30 AM–12:00 PM | \$ * | Watercolor for all Levels |
| | 10:00–11:00 AM | ¢ ♀ | Line Dance Social |
| | 12:15–4:00 PM | ¢ ♀ | American Mah Jong |
| | 12:30–4:00 PM | ¢ * | Intermediate Bridge |
| | 1:00–2:00 PM | \$ * | Tai Chi Chuan |
| Saturdays | 8:30 AM–12:00 PM | ¢ ♀ | Ping Pong – Open Play AM only |
| | 9:00 AM–12:00 PM | \$ * | Beginning Art Class |
| | 9:45–10:45 AM | \$ * | Tai Chi Chuan |
| | 11:00 AM–12:00 PM | \$ ♀ | Beginning/Intermediate Line Dance |

Activity Key



Walk-ins welcome
(otherwise please
register in advance,
in person or online)



Activity fee \$2



Costs vary



No charge



Registration for Senior
Center classes required
by calling (925) 556-4511

shamrock cafe

MONDAY – FRIDAY
11:30 AM – 12:15 PM
See page 44



HOW AND WHEN TO REGISTER

Senior Center Programs

Registration for Senior Programs is on-going

Online at www.DublinRecGuide.com • **In Person** • **Mail-in**
Dublin Senior Center, 7600 Amador Valley Blvd., Dublin, CA 94568

A new registration form must be completed for all registrations made in person or by mail.

No Phone or Faxed Registrations Accepted

- Full payment is due at the time of registration. Checks are payable to the "CITY OF DUBLIN." MasterCard, Visa, Discover and American Express credit cards are accepted.
- Only check payments can be submitted with mail-in registrations. Credit Card payments must be made in person or online at www.DublinRecGuide.com.
- For mail-in registrations, confirmations will be sent to the email address on the registration form.
- If you do not already have an online account with us, please call (925) 556-4500 to set up a free account, or set up an account at www.DublinRecGuide.com.

Activity Withdrawals and Refunds

Withdrawals can be done online at www.DublinRecGuide.com, over the phone, or by sending an email to glentheguide@dublin.ca.gov:

- If the withdrawal is requested up to four (4) business days prior to the activity start date, a credit for the full registration fee will be placed on your account. If you would like your credit balance refunded, please call (925) 556-4500, or send an email to glentheguide@dublin.ca.gov. Refunds take up to 30 days, and are subject to a \$5 processing fee.
- If the withdrawal is requested less than four (4) business days before the activity start date, the activity fee will be forfeited and no refund or credit will be issued.

MAIN CONTACT INFORMATION

Last Name: _____ **First Name:** _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Home/Evening Ph: () _____ - _____ **Work/Daytime Ph: ()** _____ - _____

Email Address: _____

Emergency Contact/Relationship _____ **Ph: ()** _____ - _____

| PARTICIPANT'S NAME | BIRTHDATE | M/F | ACTIVITY TITLE | ACTIVITY # | 2 ND CHOICE | FEE |
|--------------------|-----------|-----|----------------|------------|------------------------|-----|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

The City of Dublin Youth Fee Assistance Program provides eligible Dublin youth financial assistance to participate in City-sponsored recreation programs. The program will allow children to have quality recreational experiences that may not be possible without financial assistance. Would you like to make a donation of \$1 to the Youth Fee Assistance Program? ☐ Yes, \$1.00—Thank you for your support! ☐ No thanks.

Total fees due: _____

I understand that photographs may be taken of me or my child during the course of said activity, and that these photographs may be used in the City of Dublin's publications.

PLEASE CAREFULLY READ THE FOLLOWING PARAGRAPH. AMONG OTHER THINGS, IT LIMITS YOUR RIGHT TO SUE SHOULD YOU OR YOUR CHILD BE INJURED WHILE PARTICIPATING IN A CITY PROGRAM.

Waiver and Release: I specifically acknowledge that City recreation programs may include physical activity that can result in injury to participants, and I agree that should I engage in such activity that I do so voluntarily and at my own risk. THE UNDERSIGNED, in consideration of participation in this program and the use of the City's facilities and premises, HEREBY RELEASES, WAIVES, DISCHARGES, AND COVENANTS NOT TO SUE THE CITY OF DUBLIN, its officers, employees, and agents ("the City") for any loss or damage, and any claim or demands therefor on account of injury to the person or resulting in the death of the undersigned, whether caused by the negligence of the City or otherwise, while the undersigned is in, upon, or about the premises or any facilities or equipment therein. In addition, the undersigned hereby agrees to indemnify and save and hold harmless, and defend at its own expense, the City from any loss, liability, damage or cost, including reasonable attorney's fee, the City may incur due to the presence of the undersigned, in, upon, or about the City premises or in any using any facilities or equipment of the City whether caused by the negligence of the City or otherwise. If this agreement is signed on behalf of a minor by a parent or guardian, the phrases "I" and "the undersigned" in the previous paragraph refer to the child and not to the parent or guardian signing on the child's behalf. In the case of an injury to my minor child, I authorize the City staff to administer minor first aid. In the event that I cannot be contacted and it is necessary to administer further medical treatment, I will take full responsibility for any medical expenses. I HAVE READ AND VOLUNTARILY SIGN THIS RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT. I HAVE READ THIS RELEASE.

FOR OFFICE USE ONLY

Date Entered: _____ **Receipt No:** _____

☐ Cash ☐ Credit Card ☐ Check No: _____

Initial: _____

Signature

Date

☐ Participant ☐ Parent ☐ Legal Guardian

splatter

not your ordinary food, wine & art festival

Food & Wine Tasting Pavilion

Arts & Culinary Marketplace

Culinary Stage

Champion Food Sculptor

Variety of Food Trucks

Live Musical Entertainment

Carnival Rides & Games

Interactive Art for All Ages

Concert by The Peelers

Laser Light Show

September 19

Emerald Glen Park

4201 Central Parkway, Dublin

Festival 12PM to 8PM

Tasting Pavilion 1:30PM to 5:30PM

Concert at 6:30PM

Laser Light Show at 8PM

www.dublinsplatter.com

Free
Festival admission.
Purchase Tasting
Pavilion passports online in
advance at the special
pre-event rate of \$30



FOOD. WINE. ART.

IT'S ALL BETTER IN OUR BACKYARD



DUBLIN
CALIFORNIA

THE NEW
AMERICAN
BACKYARD



HOMETOWN HEROES

A N N U A L C E L E B R A T I O N

Saturday, November 7 at 2:30 PM

Dublin Senior Center, 7600 Amador Valley Boulevard, Dublin

Celebrate the dedication, bravery, and heroism of our veterans with a concert of patriotic music and presentations by local Military and City Officials.

Call (925) 556-4511 for more information.

FREE Event • Light Refreshments

WALL OF HOMETOWN HEROES REGISTRATION FORM

In honor of our community's veterans, the Dublin Senior Center will display a Wall of Hometown Heroes. Please submit a photo of yourself or a family member in uniform, from any branch of military service, and attach this completed form to the photo. **The deadline for entries and photo is Monday, October 26, at 4:00 PM.**

Name of person in photo _____

Person submitting photo if different than veteran _____

Address _____

City _____ CA, Zip _____

Email _____

Phone _____

Indicate branch of Military Service ☐ Army ☐ Navy ☐ Airforce ☐ Marines ☐ Coast Guard

☐ Other (please list) _____

Stationed at _____ Years served: from _____ to _____

Highest rank served _____

Career Military ☐ Yes ☐ No Comments _____

List Medals, Honors, etc (if any) _____

Optional: Write a short dedication or anecdote about the veteran's tour of duty, or describe what serving our country has meant to him/her. (Please use additional paper to write your response as needed.) _____



Dublin Senior Center
7600 Amador Valley Blvd.
Dublin, CA 94568



This newsletter has been paid for by the recipient



Current Resident or

The City of Dublin proudly presents

Holiday Happenings

32nd Annual Holiday Tree Lighting Ceremony

Thursday, December 3 at 7 PM

Dublin Civic Center

Celebrate the start of the holiday season with the traditional lighting of the tree at the Dublin Civic Center! Enjoy lively seasonal entertainment and refreshments after the performance. Also, be on the lookout for a surprise appearance by a very special visitor from the North Pole!
Admission is FREE

Country Holiday Teas

Sunday, December 6 & Tuesday, December 8

Dublin Heritage Park and Museums

Take a break from the holiday hustle-and-bustle for a traditional holiday tea featuring classic tea sandwiches, scones, delectable desserts and peaceful holiday music.
\$25 per person, all ages
Sunday, 11 AM seating, Act #40040
Sunday, 2 PM seating, Act #40041
Tuesday, 2 PM seating, Act #40042

Breakfast With Santa **Saturday, December 12**

Shannon Community Center

Santa Claus is coming to Dublin! Families are invited to enjoy a delicious hot pancake breakfast served with sausage, fruit, coffee, and juice, followed by the arrival of Santa Claus.
\$12 Residents/\$14 Non-Residents, per person, all ages
8:30 AM seating, Act #39852
9:45 AM seating, Act #39853
11 AM seating, Act #39854